

Create healthy Change through Intentional movement



Accept. Adapt. Move On

Dear Yogis,

As we step into June—the midpoint of the year—there’s an invitation to pause and reflect. What have we learned? How have we grown? Where are we holding on, and where are we ready to release?

These questions were very present during my recent yoga retreat in La Palud-sur-Verdon, France—an unforgettable week of movement, stillness, connection, and awe-inspiring nature along with incredible people. Nestled in the Verdon Gorge, surrounded by ancient mountains and open skies, we practiced the art of returning to ourselves. We unplugged from daily demands and tuned into the rhythms of breath, body, and the natural world.

The message that wove itself through our time together was one I now carry forward into this season: Accept. Adapt. Move On.

In both practice and life:

- We **accept** where we are with honesty and compassion.
- We **adapt** to what is, instead of resisting what we cannot control.
- And we **move on**—with clarity, purpose, and grace.

This is the living essence of our 2025 theme of Balance Within. Strength Without.

Inner stillness does not mean weakness—it's the foundation for resilience; true strength is not rigid force, but flexible presence.

Whether you joined us in France, practiced from home, or are just beginning your journey, the spirit of retreat is not bound by place. You don't need a plane ticket to step back, reset, and realign. You simply need the willingness to pause, to listen, and to begin again.

This Month, I Invite You to Reflect:

- What truth am I being called to accept?
- How can I adapt with greater ease and grace?
- What am I ready to move on from, in order to grow?



Future Retreats: The next yoga retreat is already being developed. Keep an eye out for announcements—you won't want to miss what's coming.

*Pictured above is a yoga session by the Verdon Gorge from our retreat in France, May 2025.

May you find balance in the pause, and strength in your movement forward.

With gratitude,

Kristina

Mindful Movement Here to support you is an ONLINE MEDITATION.

Life gets busy, but your well-being is worth the pause. A few minutes of meditation can make all the difference—helping you reset, refocus, and recharge.

Register [HERE](#).

Time: WEDNESDAY 8:00-9:00pm EST

Dates: June 18 & 25

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